

Lesson Objective To shoot whilst on the move

Lesson 1/6

Equipment Needed Lacrosse sticks, lacrosse ball, tennis balls, bean bags, cones, hoops, markers.

Success Criteria Children can:

- Know how to hold the stick and keep front elbow high to help with the aim
- Follow through in an arch when shooting at the goal
- Change from cradling and carrying into the shooting technique whilst moving

EDSTART KNOW

- I can explain how to hold the stick and aim with my elbow high
- I can describe how to move from cradling into a shooting position
- I can understand when and where to shoot in lacrosse

EDSTART GO

- I can scoop, cradle, and shoot while moving at speed
- I can aim for a target using follow-through in an arch
- I can practise shooting in small groups and mini-games

EDSTART SHOW

- I can encourage my teammates when they shoot
- I can respect defenders when attacking in games
- I can share equipment and play fairly in activities

Key Questions What helps you shoot accurately and score goals in games? Good balance, controlled power, a strong wrist flick, and choosing the right moment and target to shoot.

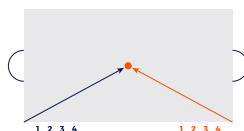
Warm Up

SCOOP RECAP: Pupils work in pairs, with one child rolling the ball and the other scooping it cleanly, cradling securely, and running back under control. Pupils practise from both sides to develop confidence and coordination. Emphasis is placed on getting low, keeping eyes on the ball, and staying balanced while moving. **PROGRESSION:** Add defenders or challenge pupils to scoop at full speed while staying parallel to the ball.

Main Activity



TARGET SHOOTOUT: Pupils are divided into small groups to practise shooting with accuracy and control. Working in pairs, players pass and receive before shooting the ball into the ground, aiming to bounce it inside a hoop placed between them. Emphasis is placed on correct shooting technique: side-on body position, hands close together on the stick, head over the ball, and a smooth wrist flick to generate controlled power. Pupils are encouraged to keep shots low, follow through towards the target, and regain balance quickly after shooting to be ready for the next action. **PROGRESSION:** Move hoops further away, introduce a moving ball, or award points for consecutive accurate shots. Challenge confident pupils to aim for smaller targets such as cones or marker spots for bonus points.



CROSS & SHOOT CHAOS: Small channels are set up with cones leading into a shooting zone containing a goal or hoop. One player starts wide and runs along the channel before crossing the ball into the shooting area using a controlled push pass. Their partner times their run, opens their body to receive, and shoots first time with accuracy and control. Emphasis is placed on head up before crossing, firm but accurate passing, quick foot adjustment, and a low, controlled finish using a wrist flick. After each attempt, pupils rotate roles. This activity develops teamwork, timing, and awareness of shooting angles. **PROGRESSION:** Add a passive defender in the shooting zone or limit players to one-touch finishes to increase pressure and realism.

CALL THE NUMBERS: Pupils are organised into groups of four on multiple small pitches. Each player is numbered one to four, with a ball placed in the centre. When a number is called, the matching players sprint to collect the ball and shoot before their opponent. Begin with two balls for excitement, then reduce to one ball for attack versus defence situations. **PROGRESSION:** Call multiple numbers at once to encourage teamwork, or award bonus points for first-time finishes and defensive interceptions.



EDSTART SHOOTOUT SHOWDOWN: Pupils are grouped by ability and play three attackers versus three defenders. A goal is placed at one end, and players must be inside the shooting area to score. Attackers start with three balls and attempt to score as many goals as possible within four seconds of receiving each ball, while defenders work to intercept or block. After three attempts, roles are swapped. **PROGRESSION:** Award extra points for combination play before scoring, such as completing two passes, or add a power play where teams have thirty seconds to score as many goals as possible.

Adapted Learning (Differentiation) (Challenge)

SPACE

Start with bigger goals and close distances, progress to smaller targets further away.

TASK

Practise scooping and cradling first, then combine with shooting on the move.

EQUIPMENT

Use beanbags/tennis balls for support, lacrosse balls for challenge.

PEOPLE

Work in pairs for practice, small groups for 3v3 games.

Cooldown

SLOW SCOOP & STRETCH: Pupils jog slowly around the area, scooping gently rolled balls at a low pace while focusing on control and correct technique. After several repetitions, pupils stop to stretch their legs and shoulders, helping the body cool down. **PROGRESSION:** Try scooping with the non-dominant hand to build coordination and confidence. "What helped you scoop and shoot on the move today?"

Key Technical Points


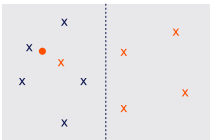

- Children have their top hand towards the bottom of the stick, standing shoulder width apart
- Front elbow aiming at target, pull stick down with bottom hand as they push top hand forward towards target

Year 6 - Lacrosse

Lesson Plan

COMPLETE

EDSTART

Lesson Objective	To support their teammates when attacking				Lesson 2/6
Equipment Needed	Lacrosse sticks, lacrosse ball, tennis balls, bean bags, cones, hoops, markers.				
Success Criteria	Children can: <ul style="list-style-type: none"> Keep team possession by moving to simple passing lanes Make sure ball carrier always has a minimum of two passing options Create and use a 2v1 situation to cause indecision for the defender 				
EDSTART KNOW	<ul style="list-style-type: none"> I can explain why creating passing options is important I can describe how to move into passing lanes I can understand how a 2v1 creates advantage 				
	EDSTART GO <ul style="list-style-type: none"> I can pass and move into space to help my team I can give my teammate at least two passing options I can create and use overloads in small games 				
	EDSTART SHOW <ul style="list-style-type: none"> I can work with my team to keep possession I can encourage others to move and support the ball carrier I can play fairly when attacking and defending 				
Key Questions	How can quick passing and movement help your team keep possession under pressure? Quick passing, constant movement, and clear communication create space, reduce interceptions, and keep the ball moving effectively.				
Warm Up	COLOUR RUN: The teacher calls out different colours and pupils sprint to the matching lines while holding a lacrosse stick. The focus is on quick reactions, safe movement, and spatial awareness. PROGRESSION: Add stick and ball dribbling to each run to challenge control while moving at speed.				
Main Activity	<div>  </div> <p>PASS & DASH: In pairs, pupils practise throwing and catching while constantly moving to find new spaces. After every pass, both players must relocate to a different position, encouraging movement, awareness, and support play. Pupils explore how hand placement on the stick affects performance, with a wider grip offering more control and a closer grip generating more power but less accuracy. PROGRESSION: Add movement challenges such as one-touch passes, weaker-hand throws, or calling a colour or number before each pass to build focus and communication.</p> <div>  </div> <p>THE PLUS ONE PRESSURE GAME: Teams of five begin with one team in possession, aiming to complete five clean passes. Once achieved, one defender joins the attackers to apply pressure and attempt to intercept. If defenders win the ball, they must carry it back to their side to score a point. Every thirty seconds, another defender is added, gradually increasing pressure until all defenders are active. TECHNIQUE FOCUS: Attackers should adopt a side-on receiving position, keep their head up before and after receiving, use soft hands for secure catches, and pass quickly into space using accurate, well-timed throws. Defenders focus on staying balanced, reading the passer's eyes, closing passing lanes, and intercepting with controlled footwork rather than lunging. PROGRESSION: Reduce the playing space, introduce a time limit for passes, or award extra points for clean interceptions without fouling.</p> <div>  </div> <p>THE KEEP-BALL CHALLENGE: Groups of five play with four attackers working together to keep possession against one defender positioned in the middle. Attackers are encouraged to spread out, move constantly into space, and communicate clearly using calls such as "time," "turn," or "man on" to support the ball carrier. The emphasis is on quick, accurate passing, good first touch, and decision-making under pressure. The defender focuses on reading passes, adjusting body position, and anticipating interceptions. If the defender successfully intercepts the ball or forces a mistake, the player who lost possession immediately swaps roles and becomes the new defender, keeping intensity high and involvement frequent. PROGRESSION: Limit attackers to two-touch passing, introduce a second defender to increase pressure, reduce the size of the playing area, or time how long each group can keep possession to create a competitive leaderboard.</p> <p>EDSTART PASS MASTER CUP: The session finishes with a mini competition where teams earn points for every five consecutive passes completed without losing possession. After three minutes, defenders rotate or teams switch opponents. Celebrate teams that demonstrate excellent teamwork, movement, and decision-making. PROGRESSION: Encourage attacking teams to use fake passes, quick one-tvos, and clever movement, awarding style points for creativity and flair.</p>				
Adapted Learning (Differentiation) (Challenge)	SPACE Use smaller areas for beginners, larger spaces for advanced tactical play.	TASK Start with simple passing games, progress to Plus 1 and 4v1 challenges.	EQUIPMENT Use larger soft balls for beginners, lacrosse balls for advanced.	PEOPLE Work in pairs for passing, teams of 4-5 for tactical games.	
Cooldown	WALKING PASS: Pupils walk slowly passing ball side to side, then stretch arms and quads. PROGRESSION: Add challenge to complete 5 passes before stopping "How did you support the ball carrier today?"				
Key Technical Points	Support: <ul style="list-style-type: none"> Keep team possession by moving to simple passing lanes Make sure ball carrier always has a minimum of 2 passing options: <ul style="list-style-type: none"> A pass forward A pass to the side 				

Year 6 - Lacrosse

Lesson Plan

COMPLETE

EDSTART

Lesson Objective

To deny the opposition goal scoring opportunities

Lesson 3/6

Equipment Needed

Lacrosse sticks, lacrosse ball, tennis balls, bean bags, cones, hoops, markers.

Success Criteria

Children can:

- Understand to 'man mark' attackers, follow them and force ball carrier away from goal
- Delay attacks and make them use up the four second possession count
- Change their body position to see the ball carrier and nearest attacker

EDSTART KNOW

- I can explain what man-marking means
- I can describe how to delay attackers
- I can understand how to force attackers away from goal

EDSTART GO

- I can mark my opponent tightly and follow them
- I can block attackers from getting into shooting areas
- I can intercept passes and regain possession

EDSTART SHOW

- I can respect opponents when defending
- I can encourage teammates to stay strong in defence
- I can show resilience even when my team concedes

Key Questions

How can your team keep possession when defenders increase pressure? By moving into space, passing quickly with accuracy, communicating clearly, and supporting the ball carrier at all times.

Warm Up

PASSING NUMBERS: Players pass the ball in a numbered sequence, following a four-second rule to encourage quick decisions, awareness, and accurate passing. **PROGRESSION:** Merge groups to introduce obstructions and defenders, increasing pressure and the need for communication.

Main Activity



PASS & FLOW: In pairs, players practise throwing and catching with a lacrosse stick while constantly moving into new spaces around the area. Pupils are encouraged to scan for space, call clearly for the ball, and pivot their body towards their partner before releasing each pass. Both overarm and sidearm throws are practised, with an emphasis on soft hands when catching, smooth stick action, and leading passes into space rather than directly at a stationary partner. Players focus on timing their movement so they are always offering a clear passing option and repositioning quickly after each pass to maintain flow. This activity develops passing accuracy, ball control, spatial awareness, and communication under low pressure. **PROGRESSION:** Add a defender to apply pressure and force quicker decisions, or introduce a "one-move rule" where players must change direction after every pass. Challenge pairs to complete ten accurate passes in under thirty seconds to increase intensity and focus.



THE ZONE STRIKE: In groups of five, three attackers begin in one zone and aim to pass the ball into a target zone beyond two defenders. Defenders move laterally to block passing lanes and attempt interceptions without body contact. Attackers must use quick passing, movement, and spacing to progress the ball successfully. **PROGRESSION:** Allow defenders to press forward after thirty seconds, reduce the size of the zones, or award extra points for effective off-the-ball movement.



LAX LIGHTNING BREAK: Pupils play 3v3 matches in a 20 x 15 metre grid with one goal at the end. Attackers start with possession and have five seconds to shoot once inside the scoring area. Defenders work together to track runners and regain possession, with each play restarting from halfway. **PROGRESSION:** Add a neutral floater to create attacking overloads or reward goals scored after at least three completed passes.

• **EDSTART LACROSSE SHOWDOWN:** The session finishes with small-sided 4v4 matches where pupils apply all skills learned, including quick passing, movement off the ball, teamwork, and finishing. **PROGRESSION:** Require teams to use a set play before shooting, such as a screen or give-and-go, and reward creativity, teamwork, and communication as well as goals scored.

Adapted Learning (Differentiation) (Challenge)

SPACE

Larger defensive zones for beginners, smaller for advanced.

TASK

Begin with shadow defending, progress to 3v3 competitive drills.

EQUIPMENT

Use cones to mark zones or targets, lacrosse balls for realistic play.

PEOPLE

Work 1v1 for basics, small groups for 3v2 and 3v3 challenges.

Cooldown

DEFENSIVE MIRROR: In pairs, one pupil leads with slow side-steps while the partner mirrors their movement, focusing on staying balanced, low, and between the attacker and the space. Pupils finish by stretching together to recover. **PROGRESSION:** The leader adds feints with the stick, requiring the partner to react quickly and adjust position. *What did you do to deny the attacker space?*

Key Technical Points

Denying Space For An Attack:

- Maintain or regain position between the goal and opposition
- Man-mark attackers, follow them
- Force ball carrier away from goal
- Delay attacks and make them use up the 4 second possession count

Year 6 - Lacrosse

Lesson Plan

COMPLETE

EDSTART

Lesson Objective To create 2v1 situations in attack

Lesson 4/6

Equipment Needed Lacrosse sticks, lacrosse ball, tennis balls, bean bags, cones, hoops, markers.

Success Criteria Children can:

- Start to decide whether to run or pass through the defence
- Create an overload and use a 2v1 situation to cause indecision for defence to allow for a run by ball carrier, a give & go or draw out the defender to create a passing lane

EDSTART KNOW

- I can explain how a 2v1 creates space
- I can describe how to run, pass, and draw defenders
- I can understand how to support my teammate with the ball

EDSTART GO

- I can combine passing and running to beat defenders
- I can make decisions on whether to shoot, pass, or carry
- I can play in 2v1 and 3v3 attacking games

EDSTART SHOW

- I can encourage my teammate to make the right choice
- I can respect defenders when attacking
- I can work fairly in small-sided activities

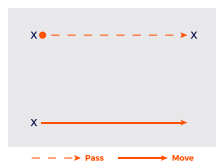
Key Questions

How can quick movement and communication help your team keep possession and create scoring chances? By moving immediately after passing and communicating clearly, players create space, give the ball-carrier multiple passing options, and make it harder for defenders to intercept. This leads to better decision-making, sustained possession, and more effective attacks on goal.

Warm Up

PASSING NUMBERS: As above, with players calling out numbers as they pass and move to receive. Emphasise constant scanning, clear communication, and quick movement into space after every pass to support the ball-carrier and create new passing angles. **PROGRESSION:** Add defenders whose role is to intercept passes, forcing quicker decision-making, sharper movement, and more accurate passing under pressure.

Main Activity



TRI-BOX TURBO: Create a 15-yard square with four cones. Three players start on three cones with one ball, leaving one cone free at all times. Players can pass in any direction, but after each pass the spare player must immediately sprint to fill the empty cone, ensuring the ball-carrier is always supported with at least one clear passing option. Encourage players to stay light on their feet, scan before receiving, and adjust their body shape to receive on the move. Emphasise fast footwork, controlled stick handling, accurate passing, and sharp reactions as players constantly rotate and reposition. Communication is key, with players calling for the ball and signalling movement to maintain flow and tempo. **PROGRESSION:** Shrink the size of the box to reduce time and space, limit players to one-touch passes to increase speed of play, add a defender chasing the ball to apply pressure, or challenge players to pass and receive using their non-dominant hand to develop all-round skill and confidence.



KEEP-AWAY CAULDRON: Groups of five form a circle "cauldron," with four attackers positioned around the outside and one defender working in the middle. The attackers aim to keep possession of the "magic spell" (the ball) by passing accurately, moving immediately after every pass, and constantly adjusting their spacing to create clear passing lanes. Players are encouraged to call clearly for the ball, receive side-on, and use strong stick positioning and body shape to protect possession from pressure. The defender focuses on reading passes, anticipating movement, and timing interceptions. If the defender wins possession or forces an error, they immediately swap roles with the player who lost the ball to keep intensity high and give everyone a turn in the middle. **PROGRESSION:** Add a second defender to create a 4v2 and increase decision-making speed, restrict attackers to two passes before moving to encourage sharper off-the-ball movement, or introduce ground balls to increase challenge and game realism.



- **GOAL RUSH 3v3 - ARC ATTACK:** In ability-based groups, trios play toward a single goal with a marked scoring arc. Attackers have three balls per round and must enter the arc and shoot within four seconds, encouraging quick attacking play and decisive movement. Defenders aim to intercept, block, or apply pressure without contact. Swap attacking and defending roles after three attacks. **PROGRESSION:** Teams must complete a give-and-go before scoring, add a neutral player to create attacking overloads, or award bonus points for goals scored after three or more consecutive passes.

Adapted Learning (Differentiation) (Challenge)

SPACE

Wider grids for beginners, smaller tighter zones for advanced.

TASK

Begin with 3-player passing boxes, progress to 2v1 keep ball.

EQUIPMENT

Use beanbags/tennis balls to slow play, lacrosse balls for challenge.

PEOPLE

Work in pairs or trios, move to larger groups for 3v3 attack vs defence.

Cooldown

PASS & STRETCH TRIANGLES: Groups of three pass slowly in a triangle, focusing on control and accuracy. After each passing sequence, players complete a stretch before resetting their positions. Emphasise balance, posture, and relaxed movement while maintaining awareness of teammates. **PROGRESSION:** Add a defender to apply pressure and force quicker movement, better angles of support, and smarter passing decisions. **How did you create a 2v1 to beat the defence today?**

Key Technical Points

Support:

- Keep team possession by moving to simple passing lanes
- Make sure ball carrier always has a minimum of 2 passing options:
 - A pass forward
 - A pass to the side

Year 6 - Lacrosse

Lesson Plan

COMPLETE

EDSTART

Lesson Objective

To understand the basic rules of lacrosse

Lesson 5/6

Equipment Needed

Lacrosse sticks, lacrosse ball, tennis balls, bean bags, cones, hoops, markers.

Success Criteria

Children can:

- Play small games following the rules provided
- Put into practice the techniques shown
- Understand when and where certain techniques need to be used: Cradle, Carry, Pass or Shoot?

EDSTART KNOW

- I can explain the basic rules of lacrosse
- I can describe the main fouls (contact, guarding, possession time)
- I can understand when to cradle, pass, or shoot

EDSTART GO

- I can play small-sided games following the rules
- I can use the correct techniques in matches
- I can apply different skills depending on the situation

EDSTART SHOW

- I can respect referees and their decisions
- I can encourage my team when playing games
- I can show fairness whether I win or lose

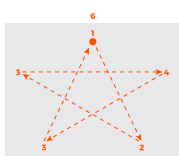
Key Questions

How can we keep possession and create scoring chances when under pressure? By moving quickly after passing, communicating clearly, and choosing accurate, well-timed passes into space. Supporting the ball carrier, scanning before receiving, and working as a team helps maintain possession, break through defenders, and create clear opportunities to score.

Warm Up

PASS & GO: Pairs practise passing at height, focusing on accurate technique, soft hands, and good body position. After each pass, players immediately move to receive again, encouraging timing, awareness, and support play. **PROGRESSION:** Add defenders applying light pressure to challenge movement, decision-making, and pass accuracy under pressure.

Main Activity



SUPERSTAR PASS CHALLENGE: Set out five cones in a clear star shape, spacing them so passes must travel diagonally across the shape rather than straight lines. One player stands at each cone, with two players starting together at the first cone, one holding the ball. The first player passes diagonally across the star to a teammate, who receives on the move and immediately plays the next diagonal pass to another cone. After every pass, the passer sprints to the next cone in the sequence, following their pass and taking the receiver's position, ensuring continuous rotation and high activity levels. Coaches should emphasise crisp, accurate passing using correct technique, receiving with soft hands, and moving into space at speed after releasing the ball. Strong communication is key throughout, with players calling names, signalling with their hands, and scanning before receiving so they can play quickly in one fluid action. Encourage good body positioning, awareness of passing lanes, and maintaining rhythm so the drill flows without stopping. **PROGRESSION:** Add a second ball to increase tempo and pressure. Challenge players to achieve a set number of clean passes in a row (e.g. 10–15). Reverse the direction of play to test spatial awareness, or use non-dominant hands only. For motivation, time each group, track streaks, and use a class leaderboard.



ENDZONE EXTRAVAGANZA: Create three to four mini playing fields, each with two end zones. Teams of four compete to move the ball downfield and score by passing to their designated “target” player inside the end zone. Teams must use quick passing, smart movement, and support play to progress up the pitch. Players may only hold the ball for four seconds before passing or shooting, keeping the pace high and ensuring teamwork and communication are essential for success. **PROGRESSION:** Add a “power play” rule where one team temporarily removes a defender for 30 seconds if they concede twice in a row, or require two passes before scoring to encourage passing combinations.



EDSTART LACROSSE LEAGUE: Finish with fast-paced 5v5 matches between ability-based teams, using half-pitch games with goals or target cones if nets are limited. Play exciting rounds lasting four to five minutes to maximise engagement and playing time. **RULES:** Games start and restart from the centre mark. After each goal, the conceding team restarts play. Only goalkeepers may enter the goal circle. Stick contact must remain controlled and safe at all times. Fair play and teamwork are rewarded, with teams showing strong communication able to earn bonus points. **PROGRESSION:** Add mini tournaments, rotate winners up a pitch using a ladder system, or introduce bonus challenges such as three passes before a shot or double points for goals assisted by every teammate.

Adapted Learning (Differentiation) (Challenge)

SPACE

Smaller pitches for beginners, larger for advanced play.

TASK

Start with star passing drills, progress to endzone and 5v5 matches.

EQUIPMENT

Use soft balls for beginners, lacrosse balls for competitive play.

PEOPLE

Teams grouped by ability for fairness in matches.

Cooldown

Walking Lacrosse:

Pupils play mini walking game using correct rules, then stretch. **Progression:** Add rule — 3 passes before a shot. **Plenary:** “Which rule was most important to keep the game fair?”

Key Technical Points

Rules:

- No stick or body contact
- No trapping/guarding ball
- Maximum four second possession of the ball by a player

Lesson Objective To play small-sided games using the techniques shown throughout

Lesson 6/6

Equipment Needed Lacrosse sticks, lacrosse ball, tennis balls, bean bags, cones, hoops, markers.

Success Criteria Children can:

- Play competitive/modified games and apply basic principles suitable for attacking and defending
- Put into practice the techniques shown
- Understand when and where certain techniques need to be used

EDSTART KNOW

- I can explain the techniques needed in small games
- I can describe how to apply rules safely
- I can understand how to combine attacking and defending strategies

EDSTART GO

- I can use passing, shooting, and defending in 5v5 matches
- I can follow the rules and play safely
- I can apply tactics in real games

EDSTART SHOW

- I can support my teammates in both attack and defence
- I can respect opponents and referees in games
- I can reflect on my performance and look to improve

Key Questions How can teamwork and movement help us keep possession and create scoring opportunities? By communicating clearly, moving quickly into space after passing, and supporting teammates with accurate, well-timed passes, teams can maintain possession, break down defenders, and create better chances to score.

Warm Up **PASSING NUMBERS:** Players pass in a numbered sequence using the 4-second rule to encourage quick decisions, accurate passing, and constant movement to support the ball carrier. **PROGRESSION:** Add defender to intercept and increase pressure.

Main Activity



MAGIC TRIANGLES: In groups of five, four players position themselves on the outside of a marked area while one player starts as the chaser in the middle. The outside players work together to keep possession using quick, accurate passes, constant movement, and clear communication, calling for the ball and using their body and stick to show where they want the pass. Players should scan before receiving, adjust their spacing to create passing angles, and move immediately after passing to offer a new support option. The chaser focuses on reading passes, closing space, and attempting clean interceptions without contact. If the defender successfully intercepts the ball, or if an attacker drops or miscontrols a pass, they immediately swap roles with the player responsible, keeping the activity fast-paced and engaging. **PROGRESSION:** Add a second chaser, limit possession to 3 seconds, play one-handed, or score points for consecutive passes.



EDSTART CUP FINALS: Finish with fast-paced 5v5 mini matches played across two to three pitches using mixed-ability teams to ensure balanced, competitive games. Keep matches short at 4–5 minutes to maintain high intensity, maximise ball contact, and allow frequent rotation so all players stay engaged. Encourage strong teamwork throughout, with clear communication, quick transitions between attack and defence, purposeful movement into space, and positive reinforcement such as celebrating successful passes, assists, and goals, not just scoring. **RULES:** All games start and restart from the centre mark. After each goal, the conceding team restarts play immediately to keep the tempo high. Only goalkeepers may enter the goal circle. Stick contact and checking are not allowed; defenders must focus on positioning, anticipation, and clean interceptions, ensuring all challenges remain safe and controlled. **PROGRESSION:** Introduce a ladder system where winners move up a pitch to face tougher opponents. Add scoring challenges such as completing three passes before shooting, scoring with both hands, or awarding bonus points for a “team goal” where every player touches the ball before scoring.

Adapted Learning (Differentiation) (Challenge)

SPACE

Adjust pitch size to group ability.

TASK

Start with 2v1 games, progress to full matches.

EQUIPMENT

Use cones for goals if needed, nets for advanced play.

PEOPLE

Rotate teams by ability for fair competition.

Cooldown

CELEBRATION CIRCLE: Teams pass slowly in a circle and share one skill they improved, then stretch together. **PROGRESSION:** Each player leads a stretch. “Which skill will help you most in a real game?”

Key Technical Points

Rules:

- No dangerous passing or shooting
- No dangerous follow through with stick (Following pass/shot)
- No entry into goal crease
- No defending goal by standing in the 5m space in front of goal (Except it a sticks length away from an attacking opponent)